



Forget ME Not

A Newsletter of the Maine Alzheimer's Project



Spring/Summer 2008

Romaine Turyn,
Maine Alzheimer's
Project Director

Mark Richards,
Editor

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Maine Screens Caregivers of People with Dementia for Depressive Symptoms

Implementation of Healthy IDEAS, an evidence-based, self-management program to address depressive symptoms in older adults, began in January 2008. The Office of Elder Services (OES), with funding from the U.S. Administration on Aging (AoA) Alzheimer's Disease Demonstration Grant to State Program (ADDGS) in partnership with area agencies on aging (AAAs) and the Muskie School of Public Service at the University of Southern Maine, adapted the program to identify depression in caregivers of people with dementia in Maine.

Caregivers participating in the Partners in Caring (PIC) respite program are provided information and educational materials to increase awareness of depression. Caregivers are offered the opportunity to be screened for depressive symptoms and to be assessed, should it be indicated by the screening. For caregivers with mild to moderate symptoms, behavioral activation planning is offered to identify activities that might reduce depressive symptoms.

Alzheimer's Coordinators at the AAA's have screened over ninety caregivers of persons with dementia. Approximately forty-five percent of those screened indicated that they had depressive symptoms. They were offered an assessment to determine the severity of the depressive symptoms. Subsequently, more than twenty caregivers have become involved in behavioral activation plans to assist them in being involved in activities to reduce their depressive symptoms.

The Muskie School of Public Service is collecting data on the caregivers involved in Healthy IDEAS and will report on the outcomes of the program.

If you are a caregiver involved in the statewide respite program and are interested in more information about Healthy IDEAS, contact your local agency on aging or call 1-877-ELDERS1 (1-877-353-3771).

Save the Date!

Maine Annual Rural Geriatric Conference

June 12 and 13, 2008, Bar Harbor, Maine

Bar Harbor Regency

Advanced Care Planning Workshops Offered Statewide

The Office of Elder Services, with funding from the U.S. Administration on Aging (AoA) Alzheimer's Demonstration Grant to State (ADDGS) is collaborating this spring with Elizabeth Hart, M.D., to provide five workshops on *Advanced Care Planning: Considerations for Medical Decision Making for People with Advanced Dementia and their Families and Caregivers*.

This interactive presentation will address questions and considerations that might arise in decision making for the care of people with dementia.

Topics included in the presentation are:

- Roles and responsibilities of proxy decision makers
- Advanced directives and power of attorney
- Antibiotic treatment and hospitalization
- Place of care for late stages

Dr. Hart is a geriatric physician with several years of experience providing medical care for older adults, including those with dementia. She is a Diplomate of the American Board of Hospice and Palliative Medicine and has a certificate of Added Qualification in Geriatric Medicine from the American Board of Family Medicine.

The area agencies on aging have scheduled presentations at a location in each of their areas.

The following presentations are scheduled:

- Southern Maine Agency on Aging in Scarborough May 21
 - Aroostook County May 29
 - Stearns Housing Program, Millinocket..... May 30
 - Muskie Center in Waterville (Spectrum Generations) June 11
- (SeniorsPlus presentation completed on April 4.)

Please contact your local agency on aging, or call 1-877-ELDERS1 (1-877-353-3771) to obtain more information about the

Training Forums to Support Individuals with Dementia

To enhance community support of individuals with dementia and their caregivers, the Office of Elder Services (OES), is collaborating with the Alzheimer's Association — Maine Chapter, area agencies on aging, and housing sites in the state to provide educational training forums on dementia and ways to interact with people with dementia and their caregivers.

The forums will be offered at ten sites and will include two sessions at each site. The focus of the forums is to answer the question frequently asked of family members, friends and neighbors, "What can I do to help?"

—see *TRAINING FORUMS* on page 3

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TeleCaregiving Workshops for Family Caregivers Available Online

Family Caregiver Alliance (FCA) has added a new feature to its website, an online audio archive of TeleCaregiving Workshops.

Originally presented over the phone to thousands of caregivers and health professionals, the popular workshops offer caregivers the unique opportunity to learn practical care skills from expert instructors without leaving the comfort or convenience of their home or office.

Workshop titles include:

- *Caring Together! Sharing Caregiving Responsibilities with Siblings and other Family Members*
- *How Do You Know If You Have a Memory Problem?*
- *Here but Not Here — Finding Hope When Your Loved One Has Memory Loss*
- *Keeping Away the Caregiver Blues*
- *Medications: Safe and Less Expensive Drug Therapy—A Caregiver's Role*
- *There Must Be A Better Way Than This! Communicating with Someone with Dementia*
- *Understanding and Treating Difficult Dementia Behaviors*
- *Understanding Stroke and Vascular Dementia*

Each title in the archive is available free, 24 hours a day, and includes an audio file and companion written materials. Audio files are accessible in two formats: as an audio stream for instant online play, or as a file download for saving to a portable media device.

The TeleCaregiving Audio Workshop Archives can be found at: www.caregiver.org.

Online
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TRAINING FORUMS continued from page 2

■ Information to be provided at the training forums includes:

- Signs, symptoms, and progression of Alzheimer's disease or related dementia.
- Ways to communicate and effectively interact with someone who has dementia.
- Strategies to support individuals with dementia and their caregivers.
- Interventions to reduce the stress of care giving and to promote caregiver well being.

Those who attend the training will gain knowledge and confidence to better relate to individuals with dementia and to support family members in their role as caregivers.

The forums are currently being scheduled. Please contact your local agency on aging or call 1-877-ELDERS1 (1-877-353-3771) to find about the forum schedule in your area and to register to attend. Funding for the training is provided by the U.S. Administration on Aging (AoA) Alzheimer's Disease Demonstration Grant to State (ADDGS) awarded to OES.

The Brookdale Foundation Announces Funding for 2008

Since 1989, the Brookdale National Group Respite Program has awarded seed grants to organizations to develop and implement social model group respite programs. These day programs have served thousands of elders with Alzheimer's disease or related dementia, and their family caregivers.

The goals of the program are:

- To offer opportunities for persons with Alzheimer's disease or a related dementia to engage in a program of meaningful social and recreational activities in a secure and supportive setting, in order to maximize their cognitive and social abilities.
- To provide relief and support to family members and other primary caregivers of individuals with Alzheimer's disease or a related dementia.

In addition to providing respite care and enjoyable group activities, the programs offer family caregivers access to services such as counseling, support groups, information and referral, and training and education. With a nationwide network of programs providing regular respite services, and additional programs opening each year, the Program demonstrates that a cost-effective, social model of adult day services can successfully address the special needs of Alzheimer's families.

The Brookdale Foundation has recently released an announcement concerning the availability of funding for 2008 projects. They intend to fund up to 40 new Brookdale National Group Respite Programs or Early Memory Loss Programs.

New grantees will receive seed grants (\$7,500 in the first year, with the opportunity of an additional \$3,000 in the second), attendance at a three-day conference, and technical assistance. Eligible applicants are 501(c) (3) not-for-profit agencies who are interested in developing a social day program for these populations. Proposals are due at the Brookdale Foundation by July 2, 2008.

To learn more about the National Group Respite Program, its guidelines and to download the 2008 Request for Proposals, go to: www.brookdalefoundation.org/respiteprogram.htm.



Maine Alzheimer's Project Offers Resource Materials

Alzheimer's Disease: Care and Support at the End of Life

Prepared by Laurel Coleman, MD, a geriatric physician with a special interest in Alzheimer's Disease and End of Life Care, this booklet is written in plain language, and provides helpful information to caregivers on what to expect in caring for people with dementia at end of life. It also provides information on legal issues, caregiver considerations, difficult decisions, and advance directives.

- http://mainegov-images.informe.org/dhhs/beas/resource/alzheimer/endoflife_web.pdf

Best Friends™ Offers Training

Training for Family Caregivers, through June 2008:

Please call ahead to the identified contact to register.

- **Scarborough**.....Wednesday, April 30 or June 4, 9:30 AM – 2:30 PM
Southern Maine Area Agency on Aging, 126 U.S. Route 1
(Contact Ann O’Sullivan at 396-6500 or 1-800-427-7411)
- **Lewiston**Monday, June 2, 10:00 AM – 3:00 PM
SeniorsPlus, 465 Maine St., Lewiston (Contact Kathy Brill at 795-4010)
- **Dover-Foxcroft** Thursday, June 19, 9:30 AM – 2:30 PM
Mayo Regional Hospital, 897 Main St. (Contact Janet Lewis at 667-7889)

Training for Long Term Care Providers, through June 2008:

- **Augusta** Tuesday, April 29, 2008, 8:30 AM – 4:30 PM
Glendridge, Glendridge Dr. (Contact Pauline Bilodeau at 626-2637)
- **Portland**.....Mondays, May 5, 12, 19, 2008, 8:30 AM – 12:30 PM
Goodwill Industries, Inc., 353 Cumberland Ave. (Contact Kristen Wheelock at 772-2231)
- **Bucksport**.....Friday May 2, 8:00 AM – 4:30 PM
Elm Street Congregational Church, 3 Elm St. (Contact: Candace Rowell 469-1112)
- **Bangor**..... Wednesday, May 14, 8:30 AM – 4:30 PM
Eastern Agency on Aging, 450 Essex At. (Contact: Jennifer Smith at 941-2865)
- **Newcastle (previously in Damariscotta)**..... Wednesday, May 7, 8:00 AM – 4:30 PM
Lincoln Home, Bristol Rd. (Contact: Lynn Norgang at 563-3350 ext.19)

For further information or to inquire about arranging training, contact Jan Halloran at 287-9233 or email: Jan.Halloran@maine.gov.

RESOURCE MATERIALS continued from page 4

Hospice in Long Term Care Facilities

This brochure provides information for families on hospice services in long term care facilities. It describes how the hospice team works with the facility staff to provide symptom and pain management, who is eligible for hospice, how it is paid for, and how to enroll. This brochure was prepared by the Maine Long Term Care Ombudsman Program for the Maine Alzheimer’s Project, and is available by contacting the Maine Long Term Care Ombudsman at 1-800-499-0229.

Research and Policy Brief:

Caring for People with Alzheimer’s Disease or Dementia in Maine

This policy brief provides descriptive information on the characteristics of people with dementia in Maine’s long term care system. It examines the demographic characteristics of individuals in nursing facilities, residential care facilities, and home care. It also provides information on the level of impairment of people across the long term care system. Care-giver characteristics are also described.

- http://mainegov-images.informe.org/dhhs/beas/resource/alzheimer/alzheimers_brief.pdf

Best Friends™ training enables caregivers and family members:

■
to learn new ways to solve problems

■
to encourage positive behavior

■
to improve communication

■
to understand the importance of “caring about” rather than “caring for” people with dementia.



Name Change Celebrated

Spectrum Generations, the Central Maine Area Agency on Aging, celebrated its recent name change from Senior Spectrum with an open house at its One Weston Court Administrative Office on Friday, February 29, 2008.

Visitors had an opportunity to learn of the agency's services for adults of all ages. The name change to Spectrum Generations was implemented to better reflect the wide range of age groups that it serves.

For 35 years Senior Spectrum has served older adults in central Maine. This new name — Spectrum Generations — underscores the work with adults and their families as they mature through their lives regardless of their physical ages.

The agency's core mission of serving older adults and their families remains the same. Additionally, Spectrum Generations will offer new programs that are pro-active in helping individuals stay healthier, happier, and more active.

Spectrum Generations offers healthy living activities, life-long learning, community engagement, and social well-being to generations of adults in Kennebec, Knox, Lincoln, Sagadahoc, Somerset, and Waldo Counties, as well as the towns of Brunswick and Harpswell.

For further information please visit the agency's web site at: www.spectrumgenerations.org or call our toll-free Help Line at 800-639-1553.

Spectrum Generations Awarded King Foundation Grant

Spectrum Generations, the Central Maine Agency on Aging, was awarded a \$50,000 grant from the Stephen and Tabitha King Foundation to expand the agency's *Money Management Program* throughout Central Maine.

The Money Management Program uses volunteers to help low-income older adults, or people with disabilities, who have difficulty keeping track of financial matters by assisting them in bill paying, budgeting, and check reconciliation. Additionally, the volunteers help in protecting individuals from financial exploitation.

This program not only helps a vulnerable segment of our society, but it prolongs a person's ability to remain independent in their own home and community.

Spectrum Generations currently operates the program in the Bath-Brunswick area with funding from AARP, the Bank of America, and the State of Maine. With the addition of the King Foundation grant, the agency will be able to expand the program throughout its six-county service area in Central Maine.

The public is invited to call the Spectrum Generations Consumer Helpline at: 1-800-639-1553 or visit their web site at: www.spectrumgenerations.org.

Similar programs in Maine include the *Money Minders Program* at Southern Maine Agency on Aging (396-6500 or 1-800-427-7411) and the *AARP Money Management Program* through Eastern Agency on Aging (941-2865 or 1-800-432-7812).

Education and Support Programs

Just for Caregivers at Seniors Plus

• WHO SHOULD ATTEND?

Caregivers of a loved one who is above the age of 18 and is disabled or elderly.

■ Educational Gatherings

LOCATION: SeniorsPlus, Lewiston

• April 22 (Tuesday), 6:30 PM to 8:00 PM

Understanding Grief, Loss and Bereavement. An interactive presentation with Jim Douglas, M.Ed., Supervisor of Hospice Bereavement Services for Androscoggin Home Care and Hospice. Those attending will learn a model for healthy and effective mourning; essential in the task of creating ways of holding onto the departed loved one that also allows moving on and re-engaging with life.

• May 7 (Wednesday), 5:30 PM to 7:30 PM

How to Give Great Care Without Losing Yourself in the Process

Facilitator: Peg Gagnon, Information and Outreach Specialist, Alzheimer's Association, Maine Chapter.

• June 2 (Monday), 10:00 AM to 3:00 PM

Best Friends Training

This workshop uses the metaphor of "friendship" to enhance our relationship with a loved one with memory loss. Join other families to explore the day-to-day experience of caregiving and learn practical strategies for making things easier on you and your loved one.

Facilitator: Darlene Field, Alzheimer's Association, Maine Chapter.

FMI: contact Kathy Brill at 1-800-427-1241, ext. 13.

No fee — but pre-registration is required as space is limited.

■ Support Group Meetings

• SeniorsPlus, Lewiston

(for caregivers of someone with memory loss)

2nd Monday of each month

5:30 - 7:00 PM (New Time)

Contact Kathy Brill at 1-800-427-1241, ext.133.

• SeniorsPlus, Wilton (for all caregivers)

2nd Tuesday of each month, 3:00 - 5:00 PM

Contact Kim Goding at 1-800-427-1241, ext. 147.

Spectrum Generation Family Caregiver Groups

• Seabasticook Valley Hospital

99 Grove Street, Pittsfield

1st Friday of the month

1:00 PM - 2:00 PM

• Spectrum Generations Cohen Center

2010 Town Farm Road, Hallowell

2nd Tuesday of the month

Noon - 1:00 PM

• Spectrum Generations Rockland Center

61 Park Street, Rockland

2nd Wednesday of the month

Noon - 1:00 PM

• Spectrum Generations Coastal Community Center

521 Main Street, Damariscotta,

2nd Thursday of the month

1:00 - 2:00 PM

• Spectrum Generations Muskie Center

38 Gold Street, Waterville

3rd Wednesday of the month

Noon - 1:30 PM

• Federated Church — Tewksbury Hall

12 Island Avenue

Skowhegan

4th Tuesday of the month

Noon - 1:00 PM

• Waldo County General Hospital

at the Education Building

118 Northport Avenue, Belfast

4th Tuesday of the month

Noon - 1:00 PM

For more information, please call:

1-800-282-0764 Ext. 106

TTY: 1-800-464-8703.

Spectrum Generations Caregiver Wellness Day

- **DATE:** May 20, 2008
- **LOCATION:** William S. Cohen Center in Hallowell
- **TIME:** 10:00 AM - 2:00 PM

Caregiver Wellness Day is an event for family caregivers to take some time to care for themselves and their own wellbeing.

A great day planned with entertaining guest speakers, wonderful food and pleasurable company. Please take some respite for yourself and join the lovely time.

This is a free event but registration is requested. For more information or to register, please call Brenda at 1-800-282-0764 ext. 127 or Vanessa at ext. 139.

New Staff

Spectrum Generations welcomes *Joanne Rosenthal*,
who has joined the staff as the Consumer Information Specialist.

Please note: If you want to be taken off our mailing list or would like to add someone, please contact Jessica Kane at 780-4567, or email: jkane@usm.maine.edu; or Mark Richards at 780-4527, email: markr@usm.maine.edu



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Administration on Aging policy.